



BRIEF-2A CHEAT SHEET

Quick Guide for Students and Families



WHAT IS IT?

A short self-assessment that helps you reflect on how you manage tasks, stay organized, and approach learning and daily responsibilities.



WHY IT MATTERS?

- Builds awareness of your habits and thinking patterns
- Helps identify strengths and areas for growth
- Supports conversations about skill development



WHAT IT LOOKS AT

- Organization
- Focus and attention
- Working Memory
- Task Initiation
- Inhibition
- Emotional control
- Flexibility in thinking
- Planning & Time Mgmt



TIPS FOR COMPLETING IT

- Answer honestly — there are no “right” answers
- Don’t overthink your responses
- Reflect on your typical, everyday behavior
- Complete all questions



HOW RESULTS ARE USED

- To guide meaningful conversations
- To help set personal goals
- To support your growth over time



KEEP IN MIND

- This is a reflection tool, not a test — it’s designed to support you, not evaluate you.